

Planning Meals with MyPlate

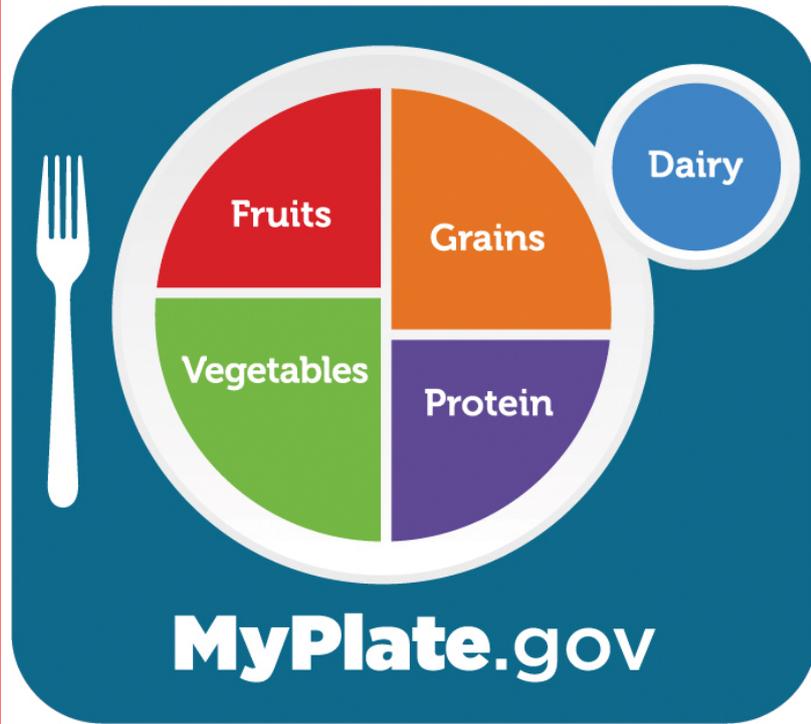
WHAT IS MYPLATE?

MyPlate is:

- An evidenced-based tool
- Developed by the USDA
- Based on the Dietary Guidelines for Americans

MyPlate is a visual representation of:

- the Five Food Groups
- Balance - with half the plate full of fruits & vegetables



**Benefits add up, bite by bite.
Small changes *matter!***

YOUR HABITS AND GOALS

Using MyPlate Think: What is one way you can improve your food habits?

Write down your goal below, or *circle* one from the examples!



I will... _____

- Eat more whole fruits
- Vary my veggies
- Enjoy more whole grains
- Choose leaner meats or plant-based proteins
- Incorporate dairy daily

SUPPORT YOUR GOAL!

On the back, there are helpful tips for each food group and how to plan meals. Choose a few tips or brainstorm ways to reach your goal!

Need help? Contact OFA Nutritionist, Lucille Tang, at (585) 991-5462.

TIPS FOR EACH FOOD GROUP



Fruit



- Start your day with fruit at breakfast. Add raisins, bananas, or chopped apples to your cereal or oatmeal
- Have fruit, ready to grab & eat, in your fridge or a visible fruit bowl
- Add orange sections, apple wedges, or grapes to your salad - or enjoy as a dessert!



Vegetables

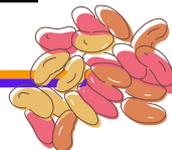


- Stir-fry or roast fresh or frozen mixed veggies for a quick and easy side dish!
- Snack on raw veggies with some hummus or low-fat ranch.
- Have leftover veggies? Turn them into soup or blend into a smoothie.

Grains



- Enjoy a whole-grain breakfast cereal - hot or cold!
- For pasta, mix half & half, whole-wheat & white, boosting fiber.



Protein

- Roast lean cuts of chicken, pork loin, or beef - like top round or flank steak. Store then slice into strips to enjoy for dinner, salads, and/or sandwiches!
- Try three-bean chili, lentil soup, or braised tofu with tomatoes. Meatless meals are tasty & budget friendly!

Dairy

- Thicken your favorite soups & smoothies with yogurt or milk, instead of water.
- Need an alternative? Choose lactose-free & calcium-fortified products.



5 TIPS ON PLANNING MEALS

1. See what you have

Look in your freezer, cabinets, and refrigerator. Check expiration dates. Plan meals using foods you already have.

2. Map out your meals

Write out your weekly meals and follow that guide. Use colors to symbolize the food groups - Are you getting all five every day?

3. Think about your schedule

When is best for you to prepare and shop for foods? Weekends? Weeknights? During the day? Setting time to prep will save you time later!

4. Make a grocery list

List ingredients for your meals and cross off items you already have.

5. Love your leftovers

Make leftovers part of your plan - saving time and money! Prepare enough to eat multiple times or freeze for later.



CREATE A GROCERY GAME PLAN

WEEKLY CALENDAR

	SUN	MON	TUE	WED	THU	FRI	SAT
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

NOTES:



CREATE A GROCERY GAME PLAN

GROCERY LIST

FRUITS

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

GRAINS (BREADS, PASTAS, RICE, CEREALS)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DAIRY (MILK, YOGURT, CHEESE)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

VEGETABLES

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

PROTEIN FOODS (MEAT, SEAFOOD, BEANS & PEAS, NUTS, EGGS)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

OTHER

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

NOTES:

